

COOKING CONVERSIONS

When sharing recipes with friends around the world sometimes you will need to convert the measurements from one system to another. There are a variety of internet sites that have on-line conversion capability. It works like a fill-in-the-blank system where you put in your quantity and select the conversion factor. Additionally, there were a number of internet sites that provided direct conversions or conversion factors. Included here are a sampling of all of the above. The internet source is also provided.

ONLINE METRIC CONVERSION

<http://www.worldwidemetric.com/metcal.htm>

Enter numbers to convert in fill-in-the blank format. Length, weight, pressure, volume and temperature conversions in an easy on-line format.

<http://www.metric-conversions.org/weight-conversion.htm>

metric conversions . org

Online metric conversions in a fill-in-the blank format

Note: all of the conversions on this site are completely free for personal and commercial use. The accuracy and correctness of these calculators and tables is NOT guaranteed however- in short use it for your cooking but make sure that it is correct if you're building a bridge or administering medicines! **All of the content of this website is free and available for your use in any way you wish**

<http://www.gourmetsleuth.com/conversions.htm>

BAR DRINK MEASUREMENTS

1 dash	=	6 drops
3 teaspoons	=	1/2 ounce
1 pony	=	1 ounce
1 jigger	=	1 1/2 ounce
1 large jigger	=	2 ounces
1 standard whiskey glass	=	2 ounces
1 pint	=	16 fluid ounces
1 fifth	=	25.6 fluid ounces
1 quart	=	32 fluid ounces

METRIC CONVERSION CHART

Volume	=	U.S. Units	Metric Units
1 teaspoon (US)	=	1/6 ounce	4.929 milliliters
1 tablespoon (US)	=	0.5 ounce	14.79 milliliters
1 fluid ounce (US)	=	1 ounce	29.57 milliliters
1 gill (US)	=	4 ounces	118 milliliters
1 cup (US)	=	8 ounces	236.6 milliliters
1 pint (US)	=	16 ounces	473.2 milliliters
1 quart (US)	=	32 ounces	946.3 milliliters
1 gallon (US)	=	128 ounces	3.785 liters
1 cubic inch	=	0.5541 ounces	16.387 milliliters
1 teaspoon (UK)	=	1.2 teaspoons	6.16 milliliters
1 dessert spoon (UK)	=	2.4 teaspoons	12.32 milliliters
1 tablespoon (UK)	=	1.2 tablespoons	18.48 milliliters
1 fluid ounce (UK)	=	0.96076 ounces	28.4 milliliters
1 gill (UK)	=	1.2 gills	142 milliliters
1 breakfast cup (UK)	=	1.2 cups	284 milliliters
1 pint (UK)	=	1.2 pints	568 milliliters
1 quart (UK)	=	1.2 quarts	1.136 liters
1 gallon (UK)	=	1.2 gallons	4.546 liters
1 milliliter	=	0.203 teaspoon	1 milliliter
1 centiliter	=	2.03 teaspoons	10 milliliters
1 deciliter	=	0.423 cup	100 milliliters
1 liter	=	1.057 quarts	1000 milliliters
1 dekaliter	=	2.642 gallons	10000 milliliters
1 teaspoon (metric)	=	1.015 teaspoons	5 milliliters
1 tablespoon (metric)	=	3.044 teaspoons	15 milliliters
1 standard cup	=	1.0567 cups	250 milliliters

ENGLISH AND METRIC CONVERSIONS FOR COMMON SWITCH VALUES

Here are the important English and metric conversions you need to know when looking at switch dimensions and specifications.

<http://www.eaoswitch.com/about/convert.htm>

Ounces

To Convert From	To	Multiply by
ounces	grams	28.35
ounces	grains	437.5
ounces	pounds	0.0625
ounces	tons	0.00003125

Grams

To Convert From	To	Multiply by
grams	milligrams	1000
grams	kilograms	0.001
grams	ounces	0.0353
grams	pounds	0.002205

Pounds

To Convert From	To	Multiply by
pounds	grams	453.6
pounds	kilograms	0.4536
pounds	ounces	16
pounds	tons	0.0005

Kilograms

To Convert From	To	Multiply by
kilograms	grams	1000
kilograms	pounds	2.205
kilograms	ounces	35.27
kilograms	tons	0.001102

http://www.sapiensman.com/conversion_tables/units.htm

Capacidades - Capacity

1 litro (l) = 7,1 gill
1 pint = 4 gill
1 quart = 2 pints
1 gallon (imperial gallon) = 4 quarts
1 peck = 22 gallons
1 bushel = 8 gallons
1 quarter = 8 bushels
1 litro = 0,2641 U.S.gallon (gallon amér.)
1 gill = 0,14198 l
1 pint = 0,56793 l
1 quart = 1,13586 l
1 gallon (imperial gallon) = 4,5435 l
1 peck = 9,087 l
1 bushel = 36,348 l
1 quarter = 290,781 l
1 U.S. = gallon 3,7868 l

Pesos - Weights

1 gramo (g) = 15,432 grains (Troy)
1 gramo (g) = 0,0353 ounce (avoirdupois)
1 kilogramo (kg) = 2,2046 pounds (avoirdupois)
1 tonelada (t) = 0,964 ton (English long ton)
1 grain = 0,0648 g
1 onza = 28,35 g

1 pound = 0,45359 kg
1 ton = 1,016 t
1 ton = 2240 pounds (lbs) 16 ounces (oz)
1 pound = 7000 grains
1 onza = 437,5 grains
